

NAVAL BASE CORONADO



SAF-T-LINES



JUNE 2006

JUNE is NATIONAL SAFETY MONTH

National Safety Council has designated JUNE as National Safety Month.

Naval Base Coronado Safety Office would like to take this opportunity to remind all military personnel, DOD civilian employees and their families to put safety first in their activities this summer season and the entire year. Go prepared when out driving, hiking, boating, or other related activities, to help reduce the risk of injuries.

DRINKING AND DRIVING

You simply can't hear it enough times: Don't Drink and Drive

❖ *Keep these sobering statistics in mind:*

- *Alcohol is a factor in more than 40% of all motor vehicle fatalities.*
- *An average of one person every two minutes is injured in an alcohol-related crash in U. S.*
- *Young people are particularly at risk. Every day, 13 people between the ages of 16 and 24 die in an alcohol-related crash.*

❖ *Plan ahead for your next night out by choosing a designated driver. A designated driver is not someone who is the most sober; it's someone who did not drink at all.*

❖ *Strictly enforce a zero-tolerance policy when it comes to alcohol and the young drivers in your activity and also in your family. Remember, it's the law in all 50 states! Give younger drivers the guidance they need to deal with peer pressure and make safe choices.*

❖ *Even if you don't drink and drive, you're at risk from others who do. **Wear your seat belt.** There's no better defense against drunk drivers.*

DISTRACTED DRIVING

Driven to distraction? Don't end up in a crash! Focus on driving and reduce your risk.

- ❖ *Keep in mind: the National Highway Traffic Safety Administration estimates that 25% of all crashes involve some kind of driver distraction.*
- ❖ *The time to adjust your mirrors, radio or temperature control is before you pull out of the driveway – not while you're driving.*
- ❖ *Don't reach down or behind the driver's seat, pick up items from the floor, open the glove compartment or clean the inside windows while driving.*
- ❖ *Your vehicle is not a portable salon – allow time for personal grooming at home.*
- ❖ *Enjoy your meals at home or in a restaurant – not on the go.*
- ❖ *Going someplace new? Plan your route ahead of time. If you need to refer to a map, park the car or ask a passenger help you navigate.*
- ❖ *If you got passengers, some conversation is inevitable – but try to avoid very emotional subjects while driving.*
- ❖ *For cell phone conversations, pull over to the side of the road or wait until you reach your destination. The safest time to use a cell phone while driving is when stopped.*
- ❖ *Never answer or dial a cell phone in hazardous conditions like heavy traffic, higher speeds, or bad weather.*

INTERIM TRAFFIC SAFETY POLICY (DISTRACTED DRIVING)

- ❖ **Commander, Navy Installations Command (CNIC) - CNIC Notice 5100 dated May 6, 2006**
- ❖ **Commander, Navy Region Southwest (CNRSW) - CONNAVREGSW Notice 5100 dated May 12, 2006.**

Purpose: Promulgate interim policy regarding driver activities and devices known to divert attention away from the road and to reduce risk of motor vehicle crashes.

Applicability: This notice applies to all Navy personnel, civilian employees, family members, contractors, tenants, and visitors, except for fire, emergency, or law enforcement/security personnel operating government-owned/leased vehicles on Navy installation.

PERSONAL PROTECTIVE EQUIPMENT

Equip yourself for safety – from head to toe.

- ❖ Give safety a head start. If you need a hard hat, make sure it fits right and that the suspension is adjusted properly.
- ❖ Ask your safety personnel or industrial hygienist to recommend the right kind of eye protection for the job. Be sure to take into account if you wear prescription glasses or contact lenses.
- ❖ Protect your hearing with earplugs or earmuffs. Try to reduce the time you're exposed to noise.
- ❖ If you use chemicals, cleaning solvents, etc., make sure to wear gloves and protective clothing that resist chemicals.
- ❖ Always protect your hands from injury. Take off rings, bracelets and watches before you start work. Use gloves that are appropriate to the work you're doing.
- ❖ If you use respirator protection, never use a respirator that doesn't fit securely, has become clogged or damaged, or one through which you can smell contaminants.
- ❖ Full-body protection may be necessary against hazardous materials, sparks, radiation, and extremes of temperature.
- ❖ Put your best foot forward by wearing the correct safety footwear for your work. Have it fitted by an expert so it fits right and feels comfortable. The ANZI-Z41 label inside means your footwear meets recognized safety standards.
- ❖ ***Remember: PPE only works if you wear it!!!! Put it on, leave it on, and take good care of it.***



WATER RECREATION SAFETY



*Keep summer fun afloat
with these tips for safe
swimming and boating.*



- ❖ If you have a home swimming pool, install barriers with self-closing and self-latching gates. For above ground pools, secure and lock steps and ladders, or remove them when the pool's not in use.
- ❖ Always have a first-aid kit and emergency phone contacts handy. Learn CPR!
- ❖ Never let kids swim unsupervised.
- ❖ Enroll kids over age three in swimming lessons taught by qualified instructors. But keep in mind that lessons don't make your child "drown-proof."
- ❖ Drowning isn't the only danger – there's lightning. If you see storm clouds or hear thunder, get out of the water immediately to avoid electrocution.
- ❖ Always follow posted safety precautions when visiting water parks.
- ❖ If you're visiting a public pool, keep an eye on your kids. Lifeguards aren't baby sitters.
- ❖ Never consume alcohol when operating a boat or swimming.
- ❖ Always use approved personal flotation devices (life jackets).
- ❖ Don't underestimate the power of water. Even if they look calm, rivers and lakes can have undertows.

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 5 July, 1 August, and 5 September 2006
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

RESPIRATOR TRAINING CLASS

Date: 6 July, 2 August, and 6 September 2006
Where: Bldg 678, Classroom 222
Time: Respiratory Program Assistant – 0800-1200
Respiratory Protection Program (Users)- 1300-1430
Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND	DATE
FALLBROOK BACHELOR HOUSING	13 JUN
CNATTU	20 JUN
NATEC	21 JUN
FACSFAC	28 JUN
CENTER FOR NAVAL LEADERSHIP LEARNING (CNLL)	11 JUL
DEEP SUMERGENCE UNIT (DSU)	12 JUL
NAVY COLLEGE	13 JUL
MAP SUPPORT OFFICE (MSO)	19 JUL
ASSUALT CRAFT UNIT ONE (ACU-1)	26 JUL
NAVY BAND	08 AUG
TACTICAL SUPPORT CENTER	09 AUG
NAVAL AIR RESERVE (NAR)	17 AUG
EXPEDITIONARY TRAINING GROUP PACIFIC (EWTGPAC)	22 AUG
DEFENSE REUTILIZATION MARKETING OFFICE (DRMO)	24 AUG
ESSOPAC	30 AUG

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE
TO CONTACT OUR SAFETY OFFICE LOCATED AT BLDG 678 RM 227

ROBERT L. CHATMAN - SAFETY MANAGER – 545-1049

RON CABLAY	545-1052	THOMAS HIRZEL	767-7546
RICK LEWIS	545-8162	DEL RIVERA	545-4198
WAYNE DAILEY	545-2492	RUBEN RODRIGUEZ	545-1055

FAX NUMBER – 545-1053

The Navy Occupational Safety and Health Department of Naval Base Coronado publish SAF-T-LINES. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.